

# Eat to Live Well

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*Recipes for a Healthy Life after Bariatric Surgery*



## **Pureed Enchiladas— (submitted by a veteran)**

2 ounces fat-free canned refried beans  
1 ounce 2% reduced fat Mexican Cheese  
1 Tsp Fat-free/red fat sour cream  
Enchilada Sauce to taste

Spread refried beans on bottom of microwave safe bowl. Sprinkle cheese on top and microwave until cheese is melted and beans are heated throughout. Top with desired amount of sour cream and enchilada sauce.

To view more recipes or submit your own visit  
[www.charleston.va.gov/services/bariatric](http://www.charleston.va.gov/services/bariatric)